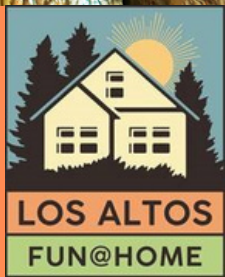


SPOTLIGHT

September/October 2020



City of Los Altos Recreation & Community Services
Adult 50+ Program
(650) 947-2797
www.losaltosca.gov/recreation/page/adult-50-program



TRIBUTE TO LORI STOIA

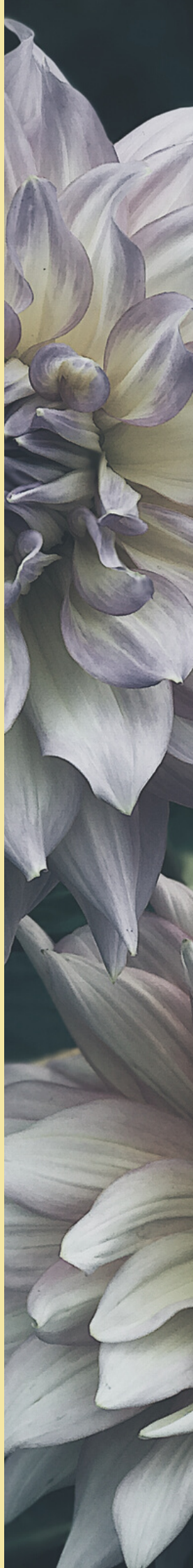


You Touched Our Lives

With your kindness, caring and amazing sense of humor. A true team player who made the Senior Program something special.

We will miss you more than words can say

You are now an angel watching over us.....



Hello Adult 50+ Program Community!

Our Team hopes you are staying safe and well. There are many changes happening in our communities and we want you to know you can count on us for being here! We have a variety of activities we invite you to engage in online, and remind you to check the Spotlight Newsletter for updates.

We are getting on track with the Spotlight Newsletter and want you to know it will be available every two months once again. This is starting with the September/October Issue. There are still great offerings for you to enjoy so let us know which one to sign you up for! Just a reminder, all activities are online so see you on Zoom!

September-2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 01:00 - 03:00- <i>Ellen</i> Tech Support (appt)	02 09:30- <i>Lenora</i> Art Ventures	03 01:00 - 03:00- <i>Ellen</i> Tech Support (appt)	04
07 11:00- <i>Jack</i> Conversation Group	08 01:00 - 03:00- <i>Ellen</i> Tech Support (appt)	09 09:30- <i>Lenora</i> Art Ventures	10 09:00-04:00 COVID-19 testing 11:00-11:30- <i>Robert W</i> Tax Q & A 01:00 - 03:00- <i>Ellen</i> Tech Support (appt)	11
14 09:30-10:30- <i>Vijay</i> Meditation 11:00- <i>Jack</i> Conversation Group 03:30-(virtual) Senior Commission Meeting	15 10:00-12:00- <i>Roy</i> HICAP (appt) 01:00 - 03:00- <i>Ellen</i> Tech Support (appt) 01:00-3:00- <i>Nancy</i> HICAP (appt)	16 09:30- <i>Lenora</i> Art Ventures 09:30-10:30- <i>Vijay</i> Meditation 01:00- <i>Janet</i> Book Club	17 01:00 - 03:00- <i>Ellen</i> Tech Support (appt)	18
21 09:30-10:30- <i>Vijay</i> Meditation 10:00-11:00- <i>Lori</i> Chair Pilates 10:30-11:30- <i>Kathleen</i> Tai Chi for Health 11:00- <i>Jack</i> Conversation Group	22 01:00-02:00- <i>Rich</i> Line Dancing 01:00 - 03:00- <i>Ellen</i> Tech Support (appt)	23 09:30- <i>Lenora</i> Art Ventures 09:30-10:30- <i>Vijay</i> Meditation 10:30-11:30- <i>Kathleen</i> Tai Chi for Health	24 11:00 - 12:00 Online Pickleball Chat 01:00 - 03:00- <i>Ellen</i> Tech Support (appt)	25
28 09:30-10:30- <i>Vijay</i> Meditation 10:00-11:00- <i>Lori</i> Chair Pilates 10:30-11:30- <i>Kathleen</i> Tai Chi for Health 11:00- <i>Jack</i> Conversation Group	29 01:00-02:00- <i>Rich</i> Line Dancing 01:00 - 03:00- <i>Ellen</i> Tech Support (appt)	30 09:30- <i>Lenora</i> Art Ventures 09:30-10:30- <i>Vijay</i> Meditation 10:30-11:30- <i>Kathleen</i> Tai Chi for Health	Legend <div> <div>■</div> Fee Based Classes </div> <div> <div>■</div> Free Classes </div> <div> <div>■</div> Call for appointment </div> <div> <div>■</div> Special Activities and Events </div> **NOTE:** Calendars are not a comprehensive listing of all programs <i>*Schedule subject to change*</i>	

October-2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Legend

- Fee Based Classes
- Free Classes
- Call for appointment
- Special Activities and Events

****NOTE:****

Calendars are not a comprehensive listing of all programs

Schedule subject to change

01

02

01:00 - 03:00-*Ellen*
Tech Support (appt)

09:30-10:30-*Vijay* 05
Meditation
10:00-11:00-*Lori*
Chair Pilates
10:30-11:30-*Kathleen*
Tai Chi for Health
11:00-*Jack*
Conversation Group
03:30-(virtual)Senior
Commission Meeting

06

01:00-02:00-*Rich*
Line Dancing
01:00 - 03:00-*Ellen*
Tech Support (appt)

07

09:30-*Lenora*
Art Ventures
09:30-10:30-*Vijay*
Meditation
10:30-11:30-*Kathleen*
Tai Chi for Health

08

01:00 - 03:00-*Ellen*
Tech Support (appt)

09

12

09:30-10:30-*Vijay*
Meditation
10:30-11:30-*Kathleen*
Tai Chi for Health
11:00-*Jack*
Conversation Group

13

01:00-02:00-*Rich*
Line Dancing
01:00 - 03:00-*Ellen*
Tech Support (appt)

14

09:30-*Lenora*
Art Ventures
09:30-10:30-*Vijay*
Meditation
10:30-11:30-*Kathleen*
Tai Chi for Health

15

01:00 - 03:00-*Ellen*
Tech Support (appt)

16

19

09:30-10:30-*Vijay*
Meditation
10:00-11:00-*Lori*
Chair Pilates
10:30-11:30-*Kathleen*
Tai Chi for Health
11:00-*Jack*
Conversation Group

20

10:00-12:00-*Roy*
HICAP (appt)
01:00-02:00-*Rich*
Line Dancing
01:00 - 03:00-*Ellen*
Tech Support (appt)
01:00-3:00-*Nancy*
HICAP (appt)

21

09:30-*Lenora*
Art Ventures
09:30-10:30-*Vijay*
Meditation
10:30-11:30-*Kathleen*
Tai Chi for Health
01:00-*Janet*
Book Club

22

01:00 - 03:00-*Ellen*
Tech Support (appt)

23

26

09:30-10:30-*Vijay*
Meditation
10:00-11:00-*Lori*
Chair Pilates
10:30-11:30-*Kathleen*
Tai Chi for Health
11:00-*Jack*
Conversation Group

27

01:00-02:00-*Rich*
Line Dancing
01:00 - 03:00-*Ellen*
Tech Support (appt)

28

09:30-*Lenora*
Art Ventures
09:30-10:30-*Vijay*
Meditation
10:30-11:30-*Kathleen*
Tai Chi for Health

29

11:00 - 12:00
Share your Harvest
Creation
01:00 - 03:00-*Ellen*
Tech Support (appt)

30



Register for class [online](#)

Call (650) 947-2797 for assistance with online registration

ONLINE FEE BASED CLASSES

****See Disclaimer and Class Liability Waiver -page 13**

TAI CHI FOR HEALTH

Exercises to open the joints, relax the muscles and tendons to increase mobility and stability.

Instructor: *Kathleen McCarty*
Mondays 10:30 AM - 11:30 AM
 September 21 - December 07
 \$129 members/\$154 non-members

Instructor: *Kathleen McCarty*
Wednesdays 10:30 AM - 11:30 AM
 September 23 - December 09
 \$129 members/\$154 non-members
No Class: November 11th



Register for class [online](#)

A Zoom link will be sent by email to all participants once registered.

LINE DANCING

Enjoy LIVE video Line Dance instruction



Instructor: *Rich Campbell*
Tuesdays 01:00 PM - 02:00 PM
 September 22 - October 27
 \$35 members/\$41 non-members

Instructor: *Rich Campbell*
Tuesdays 01:00 PM - 02:00 PM
 November 03 - December 08
 \$35 members/\$41 non-members

Instructor: *Rich Campbell*
Tuesdays 01:00 PM - 02:00 PM
 December 22 - January 05
 \$20 members/\$23 non-members

Register for class [online](#)

A Zoom link will be sent by email to all participants once registered.

ONLINE FREE CLASSES

****See Disclaimer and Class Liability Waiver-page 13**

MEDITATION

What is meditation? When and how to meditate. Its physical, mental and spiritual benefits.

This is a sit-down activity. Sitting in a comfortable and stable chair is the key.

Instructor: *Vijay Dhir*
Email: vijaydhir59@gmail.com

Mondays, Wednesdays 09:30 AM - 10:30 AM
September 14 - December 09
Free

No class: November 11th



Register for class [online](#)

A Zoom link will be sent by email to all participants upon sign-up.

CHAIR PILATES

Experience a well-designed program to increase Core Strength and Flexibility as well as opportunities to explore Agility and Balance.

Class is taught in a chair with some assisted standing poses depending on individual needs. Breath work and Meditation are included.



Instructor: *Lori Robbins*

Mondays 10:00 AM - 11:00 AM
September 21 - December 07
Free

No class: October 12th, November 23rd

Things you will need

- Sturdy chair without arms
- Yoga mat for under chair
- Two tennis balls
- Yoga strap or long tie
- Yoga block or thick book
- 8" Gertie ball or similar

Register for class [online](#)

A Zoom link will be sent by email to all participants upon sign-up.

ONLINE ACTIVITIES

DANCE EXERCISE

For a list of Dance exercise videos that you can download:

Email **Bob Enenstein** at doctore02@yahoo.com

**** See Disclaimer and Class Liability Waiver -page 13**

CONVERSATION GROUP

Discussion with **Jack** via Zoom

Mondays at 11:00 AM

 Call for more information

BOOK CLUB

Book club is having online Zoom meetings

Every 3rd Wednesday at 01:00 PM

Email **Janet Harp** at jharpca@comcast.net to join

ART VENTURES

See what ArtVenturers have been up to here:

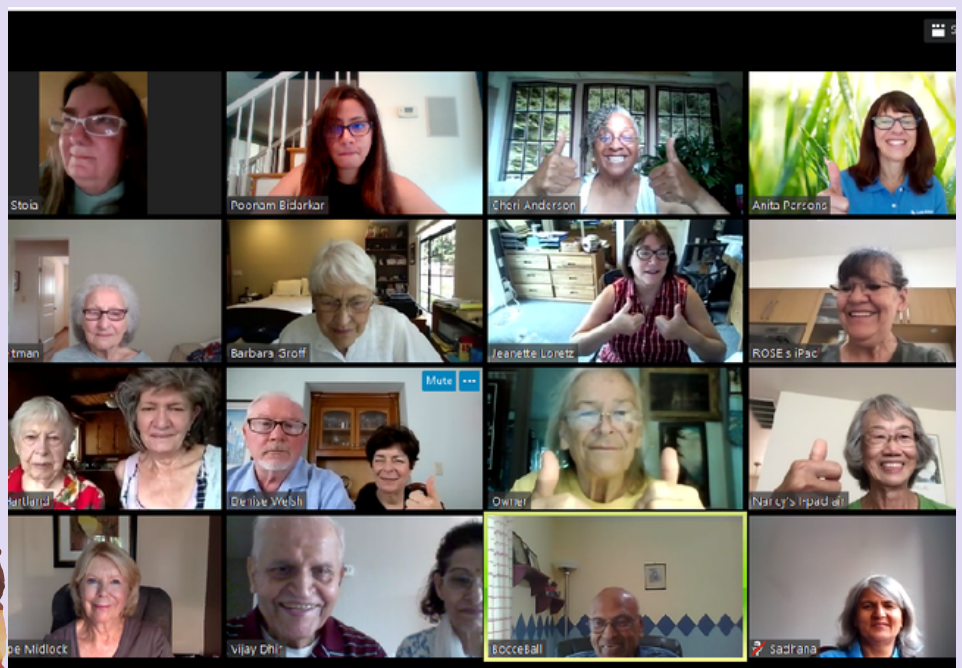
<http://caartventurers.blogspot.com/>

Wednesdays at 09:30 AM

Email **Lenora** at Lenora.Valainis@gmail.com for the Zoom link

The Online Coffee Social was a huge hit! We thank the Los Altos Legacies for their part in sponsoring our Summer events! Both events, Phil Ackerly Magician and the Online Coffee Social were very successful!

We look forward to fun-filled events for Fall and Winter!



SPECIAL EVENTS

Get a **FREE COVID-19 TEST** in Los Altos **THURSDAY, SEPTEMBER 10, 2020, 09:00 AM - 04:00 PM** **BY APPOINTMENT ONLY**

Los Altos Youth Center, 1 N. San Antonio Road, Los Altos

You'll answer several questions, provide your email, and then will be sent a link at which you can book your test appointment.

Once all appointments are filled, the location will no longer appear for scheduling on the website

Appointments will open for scheduling **3 days** before the testing date.

Make an appointment at <https://scl.fulgentgenetics.com/appointment>

TAX Q & A

THE ADULT 50+ PROGRAM, IN CONJUNCTION WITH AARP TAX PREPARATION IS SPONSORING A TAX Q & A SESSION TO ASSIST WITH QUESTIONS ABOUT 2020 TAXES.

This 30 minute session is provided by our local AARP Tax Volunteers.

This **FREE** event allows space for **20** participants via Zoom.

THURSDAY, SEPTEMBER 10, 2020, 11:00 AM – 11:30 AM

Register for this event by calling the Adult 50+ Program, (formerly Senior Program), at (650)947-2797

A Zoom link will be sent by email to all participants before the event.

ONLINE PICKLEBALL PARTY TO CATCH-UP

Thursday, September 24th at 11:00 AM

Let's get together, yeah yeah yeah

Register for this event by calling the Adult 50+ Program, (formerly Senior Program), at (650)947-2797

A Zoom link will be sent by email to all participants before the event.



Thursday, October 29th at 11:00 AM
Share your lovely Harvest creations online



Register for this event by calling the Adult 50+ Program, (formerly Senior Program), at (650)947-2797

A Zoom link will be sent by email to all participants before the event.

Resource and Services

TECHNOLOGY RESOURCE TUTOR

Tech Tutor with **Ellen**, via Zoom or Phone.

Tuesdays, Thursdays 01:00 PM - 03:00 PM

 Sign-up for one hour session by calling us at **(650) 947-2797**




HICAP

Long-Term consultation(**Roy**) **10:00 AM - 12:00 PM**

Regular consultation(**Nancy**) **01:00 PM - 03:00 PM**

Phone appointments offered every **3rd Tuesday**.

 Sign-up by calling us at **(650) 947-2797**

One Hour HICAP telephone appointments are available so questions about MediCare can be answered.

ROADRUNNERS TRANSPORTATION SERVICE

This service is provided El Camino Hospital Auxiliary volunteers. Transportation is provided to and from **medical appointments, banks and grocery stores** within a 10 mile radius from El Camino Hospital in Mountain View. Roadrunners can schedule your rides with LYFT if they are full. The office is open Monday-Friday, 07:00 AM -04:30 PM. The last RoadRunners ride is 03:30 PM.

 Call **(650) 940-7016** or [click here](#)

ON DEMAND RIDE REIMBURSEMENT PROGRAM

The City of Los Altos provides a ride reimbursement program for seniors members of the Recreation & Community Services 50+ Program. This is a program that was created to aid local seniors in becoming more mobile within the Los Altos community.

-Rides must begin and end within the City of Los Altos, Town of Los Altos Hills, and/or include the following destinations:

El Camino Hospital Complex including North Dr., South Dr., Hospital Dr., and Solace Pl.

Kaiser Mountain View (555 Castro St.)

Palo Alto Medical Foundation in Palo Alto and Mountain View.

Palo Alto VA Hospital and all VA associated facilities located on Miranda Ave. and Loop Road.

Stanford Hospital and associated facilities on Jordan, Pasteur, and Blake Wilber.

-You must use an on-demand ride company that can provide official verification of ride cost and transportation start and finish points.

Visit the online page for additional requirements [click here](#)

CSA SENIOR SERVICES PROGRAM

(Community Services Agency)

CSA is a non-profit organization that offers Senior Case Management.

 Call **(650) 810-2237** or [click here](#)



HELPING HANDS

Volunteers run errand in your community during COVID-19.

 Call **Rachael at (408) 540-4592** or [click here](#)

VIRTUAL TOURS



Take a trip into space to learn all the fascinating facts about the International Space Station, various historic missions such as the Hubble Telescope and in addition other topics such as space and beyond, Humans in Space, Moon to Mars.

https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html



Be delighted by the antics of the aquariums sea otters or mellow out to the hypnotic drifting of jellies.

With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are. Viewing time of the live cam start at 7 am and end approximately 7 pm. Or venture out and learn about any one of the many fascinating exhibits available.

Live Cams <https://www.montereybayaquarium.org/animals/live-cams>

Exhibits: <https://www.montereybayaquarium.org/visit/exhibits>

****Disclaimer**

Individuals should consult their physician before starting any exercise program or changing their diet to limit the risk of injury. Choosing to participate in the activities listed or referenced in the Spotlight is of your own accord and the City of Los Altos is not liable for any injury that may be associated with participation.

****Class Liability Waiver**

I hereby give my permission for his/her participation as indicated & in so doing absolve the City of Los Altos, its employees & officers from such liability. In addition, I agree to allow use of my/our photograph for program publicity. I have read & understand the City of Los Altos Recreation & Community Services Department refund policy. Furthermore, reservation of a place in a class or program does not constitute any form of guarantee by the City of Los Altos that the class or program will take place. The City of Los Altos reserves the right to cancel any program or class at any time for any reason, at its sole discretion. Money paid in advance for any class or program that is canceled by the City of Los Altos will be refunded in full.

Refund and transfer requests must be submitted in writing up to the day prior to the second class meeting. All refunds will be charged a \$20 service fee. Email your refund and transfer request to info@losaltosrecreation.org. No refunds or transfers will be given after the day prior to the second class meeting.



Adult 50+ Program

Senior Connection Hotline

Recreation & Community Services staff members are ready to assist seniors (50+) of the Los Altos and Los Altos Hills communities with COVID-19 updates as well as referrals, resources, and information about what services are available while being safe at home.

Staff members are available Monday through Friday from **09:00 AM - 01:00 PM**

 Call **(650) 947-2797** to get connected!

Adult 50+ Program: www.losaltosca.gov/recreation/page/adult-50-program

Register for classes online: <https://www.losaltosca.gov/recreation/page/view-all-classes-0>

CLICK HERE 

THE CITY HAS CONNECTED WITH A VARIETY OF ORGANIZATIONS AS WE WORK
TOGETHER TO STRENGTHEN OUR COMMUNITY

City of Los Altos

Community Connection Hotline

Recreation & Community Services staff members are ready to assist members of the Los Altos and Los Altos Hills communities with COVID-19 updates as well as referrals, resources, and information about what services are available while being safe at home.

Staff members are available Monday through Friday from **08:00 AM - 05:00 PM**

 Call **(650) 947-2790** to get connected!

COVID-19 Resource Page: www.losaltosca.gov/citymanager/page/covid-19-resource-page

Virtual Recreation Center: www.losaltosca.gov/recreation/page/virtual-recreation-center

Los Altos Hills

The Town developed Virtual Recreation Resources during this unprecedented time: www.losaltoshills.ca.gov/vrr
This is your place for fun, education, and resources. This page will be updated with shelter order approved recreation ideas to keep you and your family healthy, entertained, and informed. If you have other ideas or resources that you would like to share with the community, submit them to srobustelli@losaltoshills.ca.gov

Town Emergency Response Plan during COVID-19: www.losaltoshills.ca.gov/496/COVID-19-Response-Plan

Virtual Recreation Resources: www.losaltoshills.ca.gov/499/Virtual-Recreation-Resources

Fall/Winter Activity Guide: <http://losaltoshills.ca.gov/202/Activity-Guide>

Although our offices are closed, we are continuing to serve the public remotely. Feel free to call or email the City for questions as many services have been modified. We thank the community for their cooperation and understanding. We can slow the spread of COVID-19 when we work together.

For more information on COVID-19, call 211 or text 'coronavirus' to 211211.

Looking to donate or volunteer? Please visit <https://www.csacares.org>



We Create Community Through People, Parks and Programs



**Parks
Make
Life
Better!**

Los Altos Adult 50+ Program
City of Los Altos
1 North San Antonio Road
Los Altos, CA 94022



Change Service Requested



Email: recreation@losaltosca.gov

SPOTLIGHT NEWSLETTER

Los Altos Adult 50+ Program

